

# Shopping List

(4 people for 4 days)

2, 24 oz. loaves of wheat bread	\$3.18
1 dozen flour tortillas (10 inch size)	\$1.19
1 dozen corn tortillas	\$.69
16 oz. box saltine crackers	\$1.49
12 oz. package cheddar cheese	\$2.92
1 dozen eggs	\$1.99
1 lb. margarine	\$.89
8 oz. jar mayonnaise	\$1.29
6 oz. can tuna packed in water	\$.59
12 oz. can tuna packed in water	\$1.69
15 oz. can tomato sauce	\$.52
14.5 oz. can sliced stewed tomatoes	\$.69
8 oz. can whole kernel corn	\$.49
15.25 oz. can whole kernel corn	\$.59
15.25 oz. can mixed vegetables	\$.59
12 oz. package egg noodles	\$.89
19 oz. can enchilada sauce	\$1.99
1 lb. rice	\$.65
2 lbs. dry pinto beans	\$1.15
10.5 oz. can condensed cream of mushroom soup	\$.95
24 oz. bottle pancake syrup	\$1.99
14 oz. box cream of wheat	\$2.29
18 oz. jar peanut butter	\$2.19
18 oz. jar grape jelly	\$1.39
29 oz. can peaches in lite syrup	\$1.19
25 oz. jar applesauce	\$1.29
1 small box instant chocolate pudding (serves 4)	\$.89
4 lb. box non-fat dry milk (makes 20 quarts)	\$8.99
2 lb. bag all-purpose flour	\$.69
1.25 oz. bag chili powder	\$.99
2, 12 oz. cans frozen concentrated orange juice	\$2.58
16 oz. bag frozen green beans	\$1.29
3 lbs. carrots	\$1.47
5 lb. bag potatoes	\$2.29
2 medium onions	\$.59
1 bulb garlic	\$.33
2 fresh green chili peppers	\$.18
1 lb. lean ground turkey	\$1.49

(Buy lean ground turkey at the meat counter.  
Pre-packaged ground turkey can cost more.)

**TOTAL: \$56.55**

## Food Assistance Resources

### S.H.A.R.E.

#### (Self Help and Resources Exchange)

S.H.A.R.E. is a non-profit community development organization, offering a nutritious food package (\$30-35 value) for \$15 plus 2 hours of community service. The food package contains lean meat, poultry, fresh fruits and vegetables, staples such as rice, beans, and cereal. Anyone can participate in this program who can give 2 hours per month of volunteer service in the community.

**San Bernardino & Riverside Counties**  
**1-800-266-2202**

### WIC Program

#### (Women, Infants, & Children)

WIC is a supplemental food program funded by the United States Department of Agriculture. The WIC Program serves low income pregnant, breastfeeding, and postpartum women, and infants and children under age five. Participants receive nutrition education and food vouchers to supplement their diet.

**San Bernardino: (909) 387-8301**  
**Ontario & Chino: (909) 459-1156**  
**Residents with a 760 area code: (800) 472-2321**  
**Riverside County: (800) 455-4942**

### Head Start

Head Start provides 3-5 year old children from low income families with education, social, health, and nutrition services. Parental involvement is emphasized. Meals and snacks are provided for children.

**San Bernardino County: (909) 387-2363**  
**Riverside County: (909) 826-6712**

### School Lunch and Breakfast Program

The National School Lunch Program provides nutritious, low-cost meals for children every school day. Children from families who meet certain income criteria are eligible for reduced price or free meals. Some school districts also participate in the School Breakfast Program which provides reduced price or free breakfast to children of low income families.

**Call your child's school  
for more information.**

Developed by San Bernardino County Dept. of Public Health-Nutrition Program. Distributed by San Bernardino County Dept. of Public Health Nutrition Program and Riverside County Community Health Services Agency, Dept. of Public Health.

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## Free Recipes

# STRETCH



## Your Food Dollars



Take the guesswork and stress out of feeding your family with these quick and easy meals and recipes.

## 4 Day Meal Plan

Day 1	<b>Breakfast</b>	French Toast (see recipe) Orange Juice - 3/4 cup Milk - 1 cup
	<b>Lunch</b>	Tuna Salad Sandwich - 1 each Applesauce - 1/2 cup Milk - 1 cup
	<b>Dinner</b>	Potato Soup (see recipe) Saltine Crackers - 6 each Green Beans - 1/2 cup Milk - 1 cup Chocolate Pudding (see recipe)
Day 2	<b>Breakfast</b>	Cream of Wheat - 3/4 cup Toast - 1 slice Orange Juice - 3/4 cup Milk - 1 cup
	<b>Lunch</b>	Peanut Butter and Jelly Sandwich - 1 each Carrot Sticks - 8 each Milk - 1 cup
	<b>Dinner</b>	Enchilada Casserole (see recipe) Spanish Rice (see recipe) Refried Beans (see recipe) Milk - 1 cup
Day 3	<b>Breakfast</b>	Scrambled Egg - 1 each Toast - 1 slice Orange Juice - 3/4 cup Milk - 1 cup
	<b>Lunch</b>	Bean and Potato Burrito (see recipe) Sliced Peaches - 1/2 cup Milk - 1 cup
	<b>Dinner</b>	Tuna Casserole (see recipe) Cooked Carrots - 1/2 cup Milk - 1 cup
Day 4	<b>Breakfast</b>	Cream of Wheat - 3/4 cup Fried Sliced Potatoes with Cheese - 1/2 cup Toast - 1 slice Orange Juice - 3/4 cup Milk - 1 cup
	<b>Lunch</b>	Egg Salad Sandwich - 1 each Carrot Sticks - 8 each Milk - 1 cup
	<b>Dinner</b>	Meal in a Skillet (see recipe) Saltine Crackers - 6 each Milk - 1 cup

## These Recipes Make 4 Servings

### French Toast

3 eggs  
1/2 cup milk (made from non-fat dry milk)  
1/4 teaspoon cinnamon (optional)

1 tablespoon margarine  
8 slices wheat bread  
1/2 cup syrup

- In a medium size bowl, add eggs, milk and cinnamon (if desired). Beat well.
- Melt margarine in a medium size skillet.
- Dip each slice of bread into egg mixture and place in skillet. Cook bread on both sides in skillet until both sides are brown. Remove from skillet and serve with syrup.

### Chocolate Pudding

2/3 cup non-fat dry milk  
1 3/4 cups cold water

Small package (3 7/8 oz.) instant chocolate pudding

- Mix together non-fat dry milk and cold water.
- Add pudding mix. Mix until smooth.
- Pour into 4 small bowls or cups and chill before serving.

### Potato Soup

2 tablespoons margarine  
2 tablespoons all-purpose flour  
1/2 teaspoon salt  
3 cups milk (made from non-fat dry milk)

2 cups potatoes, cooked, chopped  
1/2 cup carrots, cooked, chopped  
1/8 - 1/4 teaspoon black pepper

- Melt margarine in a pan over low heat.
- With a fork, stir in flour and salt. Blend well.
- Add milk. Cook quickly stirring constantly until mixture thickens and bubbles.
- Remove from heat when it bubbles.
- Add chopped potatoes, carrots and black pepper.
- Cook again about 5 minutes until heated through.

### Enchilada Casserole

1/2 lb. lean ground turkey or lean ground beef  
1/2 medium onion, chopped  
4 corn tortillas, each cut into four pieces  
1/2 fresh green chili pepper

1, 15.25 oz. can whole corn, drained  
4 oz. cheddar cheese, shredded  
1, 19 oz. can enchilada sauce

- Cook turkey and onion in margarine or oil for 5 minutes. Drain fat.
- Drain water from corn. Add corn to meat.
- Wash chili pepper, remove seeds and finely chop. Add to meat and mix well.
- Place 8 tortilla pieces in the bottom of an ungreased 8 x 8 inch baking pan.
- Add half of the meat mixture. Pour half of the enchilada sauce over the meat. Top with half the cheese. Repeat once.
- Start with the tortillas, then the meat, then the sauce, end with the cheese.
- Bake at 375° for 30-35 minutes. Remove from oven. Let stand 5 minutes before serving.

### Spanish Rice

1 cup rice, uncooked  
1 1/2 cups water  
1 tablespoon onion, finely chopped

1 tablespoon margarine  
8 oz. tomato sauce, canned

- In a large skillet or pot, add water and rice.
- Chop onion and add to pot.
- Add margarine and tomato sauce and stir. Bring to boil. Reduce heat to low and cover pot. Stir occasionally. Cook for 30 minutes or until rice is tender.

### Homemade Refried Beans

2 cups (1 lb.) pinto beans, dry  
1/4 - 1/2 medium onion, finely chopped  
3 cloves garlic, finely chopped

1 teaspoon salt  
1/4 teaspoon chili powder  
1/4 teaspoon black pepper

- Rinse beans removing any pebbles. Place beans in large pot.

- Add enough water to cover beans and soak overnight (or boil 3 minutes, then soak 1 to 2 hours).
- Drain water, rinse beans and set aside.
- Add 10 cups fresh water to pot and bring to a boil. Reduce heat to medium and add beans.
- Wash, peel, and chop onion, and garlic and add to beans.
- Cook with the lid on for 1 1/2 to 2 hours until beans are tender. *If water level gets too low, add 1 cup boiling water at a time to make sure beans are covered.*
- Add salt, chili and pepper and stir. Reduce heat to low and cook covered for 15 more minutes.
- Remove from heat. *(Remove 1 cup of cooked beans and set aside in refrigerator to be used in the Bean and Potato Burrito recipe).*
- Mash remaining beans and serve.

### Bean and Potato Burrito

2 medium potatoes, diced  
1/2 cup onion, chopped  
1 whole green chili, chopped  
2 cloves garlic, chopped  
2 tablespoons margarine  
1 1/2 tablespoons chili powder

1, 8 oz. can whole kernel corn, drained  
1 cup pinto beans, cooked or canned  
8 large flour tortillas  
1 cup cheddar cheese, shredded

- Wash and chop potatoes into small pieces. Peel and chop onion. Wash and remove stem and seeds, and chop green chili. Peel and finely chop garlic. Set aside.
- Add margarine and potatoes to a large skillet. Cook on medium heat for 5 minutes. Stir frequently. Add chopped onion to skillet and cook for 5 more minutes.
- Add chili powder, chopped green chili and garlic to the skillet and cook for 3 more minutes.
- Add drained corn and beans to skillet and stir. Cover skillet and cook for 20 minutes on low heat. Remove from heat.
- Warm tortillas in a dry skillet on medium heat. Warm each side for 15-20 seconds.

- Place 1 tablespoon of shredded cheese in the center of each tortilla. Add 1/2 cup of the bean and potato filling to each tortilla and fold all sides of the tortilla. Add salsa if desired and serve.

### Tuna Casserole

1, 6 oz. can tuna, packed in water, drained  
1/2 of 12 oz. package egg noodles, cooked  
1, 10.5 oz. can cream of mushroom soup

1 cup milk (made from non-fat dry milk)  
1/4 teaspoon salt  
1/8 teaspoon black pepper

- Place drained tuna in a bowl and break into pieces.
- Add remaining ingredients. Mix thoroughly.
- Pour into 1 quart baking dish.
- Bake at 350° for 30 minutes or until done.

### Meal in a Skillet

1/2 lb. ground turkey or lean ground beef  
1 tablespoon margarine or vegetable oil  
1/2 medium onion, chopped  
1, 15.25 oz. can mixed vegetables  
1/2 of a 12 oz. package of egg noodles

2 oz. cheddar cheese, shredded  
1/2 cup water  
1, 14.5 oz. can sliced stewed tomatoes  
1/2 of 8 oz. can tomato sauce  
1 teaspoon salt  
1/8 - 1/4 teaspoon black pepper

- Cook turkey and onion in margarine or oil for 5 minutes.
- Stir in mixed vegetables.
- Arrange dry noodles over mixture.
- Sprinkle with cheese, salt and black pepper.
- Add tomatoes, tomato sauce and water. Do not stir.
- Bring to a boil. Reduce heat, cover and cook 30 minutes.
- Remove from heat, let stand 5 minutes before serving.